

Welcome

The 65th Air Base Wing welcomes Chief Laten Williams, the new Command Chief.



Vol. 10, No. 41 • October 14, 2005 | Lajes Field, Azores, Portugal | Ready to Fight and Win!



Tug-O'-War

From left to right, Staff Sgt. Ryan Thompson, Capt. William Vivoni, and 2nd Lt. Jason Schenck pull with all their might for the 65th Comptroller Squadron Tug-O'-War team Thursday during the Ultimate Sports Day event.

*(Photo by Master Sgt. Michael Featherston)
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COMMENTARY

Character counts, stresses colonel

By Col. Michael Isherwood
355th Wing vice commander

"At least I can say I served with men of character." — Gen. Dwight D. Eisenhower General Eisenhower wrote those words to his son when rumors surfaced that he would be forced to retire during the early days of World War II.

Serving with men and women of character for the good of our nation is perhaps the single greatest reason why we remain in uniform.

Simply said, character counts.

This is true of the Airmen I see as I travel to the flight line, backshops and work centers.

I find young Airmen of character. They tell me how it is. Good and bad. I can sense their unease at passing along bad news. I suppose they fear they might get blamed or that they're making their leadership look bad. Their character allows them to shoot straight with me and pass along bad news.

But this wing's leaders are not interested in blame. They are committed to fixing problems. If we don't know the problems, we can't get the resources, time or training to allow the mission to get done.

This same character must be present when we take off our uniforms after our shift and on weekends. Our standards apply 365/24/7. We must demonstrate our integrity fresh each day.

How? There are many examples.

You and I surely have seen examples when we're out with friends at a restaurant, club or someone's house. We see someone have a couple of beers or alcoholic drinks. The "easy" thing is to not say anything ... not to highlight them as not able to drive home. Or, we see a fellow Airmen, underage, with a beer in their hand. Our character, however, compels us to step up and shoot straight with them. In the first case, get their keys. In the second case, get them a soda.

That's how character counts when

we're out of uniform. Character is not a light switch that we turn on when convenient or when we put on our BDUs or flightsuit.

We must have character as we develop and nurture our Airmen. Our Airmen are the foundation of our combat power. How we develop them is how we develop and sustain our warrior culture.

Character is what compels you to set aside your interests to help the "new guy" or young Airman master his or her career development course or technical skills. You pause on your way home or to lunch to ask how he or she is doing. Then, you act ... to help that Airman learn what you know. That's character.

We must have character when we show installation stewardship. We translate "don't walk by a problem" to "pick up that empty plastic bottle" along the curb at the Base Exchange. You set the example. That's character.

We must have character as we prepare to deploy when ordered. It is how we take the fight to the enemy. You and I have a personal readiness folder. It has dozens of actions that must be done. They take time, but they are important. When we do them, that is character.

Finally, we must have character when we fight when called. Airmen here have demonstrated character in spades for years. What they do is irreplaceable and critical to saving American lives and getting the mission done.

Security Forces showed character as they stood alert at the entry point to Balad and other bases. They stood alert for the next suicide bomber.

The explosive ordnance disposal Airmen showed character when they disarmed more than 260,000 pounds of explosives. Several hundred improvised explosive devices were among that count. They did almost 1,000 missions, most while under direct and in-direct fire. Vehicle operators showed character as they drove more than 500 convoys in Iraq. They delivered a million tons of supplies. And, they were attacked more

than 100 times. One Airman told me how an rocket-propelled grenade ricocheted two feet in front of him. Another told a story of how he recognized AK-47 slugs passing through the cab of his vehicle.

These Airmen are steadfast in their duty. Their character gives them a sense of purpose and drive to get the mission done, to not falter as part of the team, not let their buddies down around them.

Soon I will deploy. We know that it is not if or when we will come under hostile fire. They question will be how often. I will be surrounded by the finest our nation has to offer. Airmen who never apologize for our conduct under fire. They understand that character is not a light switch they turn on only when the bullets start to fly.

Each day, I strive to reflect the privilege to serve along side you, men and women of character.

Commander's Line

**Call 2-4240 or
e-mail**

actionline@lajes.af.mil

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option for praise or problems -- but when that's not the answer, call or e-mail the CC Line.

Col. Robert Winston
65th Air Base Wing



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Lajes Field Editorial Staff

Col. Robert Winston Commander
Capt. Melissa Wahelbi Chief, Public Affairs
1st Lt. Michael Hyland Deputy Chief, Public Affairs
Staff Sgt. Marcus McDonald NCOIC, Public Affairs
Staff Sgt. Christin Michaud Crossroads Editor
Eduardo Lima Community Relations Adviser



CFC in full swing

Top 10 reasons why people don't donate to the CFC-O

By Capt. Brad Stebbins
Lajes CFC-O Project officer

10) I don't want to give out my personal info, e.g. Social Security Number

All information provided is controlled. If you choose to give through payroll deduction, you SSN is required for processing by the finance office. They are the only people who get your SSN. The block is blacked out on all other pledge form copies. You may also donate cash and giving only your name, if you prefer. Your contact information is only needed for the new car drawing.

9) The overhead costs are too much

The CFC gets much of its labor and publicity for free. This allows the CFC to reach a large audience for comparatively little cost. In addition, the CFC requires fiscal responsibility in participating organizations by vetting all charities through the Office of Personnel Management. Lastly, if you want none of your donation lost to overhead, 100 percent of a donation made to the Lajes Family Support and Youth Programs (FSYP) goes to our base.

8) I don't have much money to give

It doesn't take but a few dollars to participate. For the price of one fast food meal, seed can be purchased to feed a dozen families for a month. Sacrificing some sodas and candy bars every week is all it takes. Using the payroll deduction option makes it easy and you won't even miss the few dollars every month. Instead, you will have the satisfaction of knowing

you are supporting a worthy organization.

7) I can't find the organization that I would like to support

With more than 1,700 charities, there is something for everyone. If you have donated to a favorite charity before and you know the name, you can look at the alphabetical listing in the front of the CFC-O brochure to find their code. If you don't know the name, you can go to www.cfcverseas.org and use the search function by typing in a key-word. When you open the brochure, you will be surprised at the diversity of organizations.

6) I prefer to make an impact right here at Lajes

What better way than a donation that aids our families? Lajes Family Support and Youth Programs is your local charity! In addition, other organizations like the scouts and Red Cross receive funds indirectly.

5) It is better to donate directly to the charity through their website/phone, etc.

The CFC-O allows you more control. You decide how much data to release to the organizations. You may give just your name and prevent unwanted solicitations by phone or mail throughout the year. You may also donate anonymously. There is no need to use your credit card or submit your bank account number. By using the payroll deduction option, you help your organization receive money all year long—not just during an emergency or the holidays. This is important to their budgeting process. Lastly, by using the CFC-O as your preferred method of giving, the



charities don't need to spend money soliciting donations from you themselves.

4) I donated last year

For those that use the payroll deduction option, 12 months is the maximum amount of time they will deduct funds. While you may stop your payroll deduction at any time, you must also reinstate it every year. This will ensure you have flexibility in your donations.

3) I give back through the church and donate my time around base

Great! You are meeting the goal of the Combined Federal Campaign- helping those in need! Maybe some of your time can be spent helping promote the CFC in your unit.

2) By donating through the CFC, I am supporting organizations I don't believe in

A valid concern that can be addressed by donating to the Family Support and Youth Programs. 100 percent of the donation comes back to Lajes!

1) Nobody asked me to donate

We are asking now! Would you please take some time to review the brochure and consider donating through the Combined Federal Campaign- Overseas?



The honors

Chief Master Sgt. Trevor Henry, 65th Air Base Wing acting command chief, cuts the cake Saturday at the Air Force Ball. The Ball took place at the Top of the Rock Club. (Photo by Master Sgt. Michael Featherston)

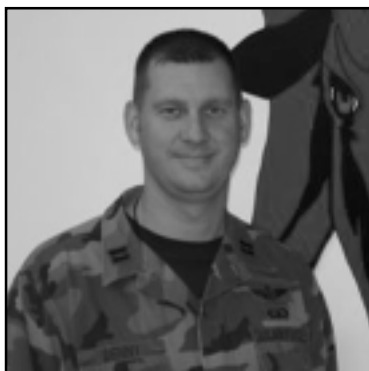
DEDB selection results announced

The Developmental Education Designation Board for both Intermediate and Senior Developmental Education were announced Thursday.

Lajes had three personnel selected for specific IDE/SDE schools. Maj. Michael Harner and Paul Carney, both from the 65th Civil Engineer Squadron, were selected for Air Command and Staff College. Lt. Col. James MacFarlane, 729th Air Mobility Squadron was selected for the Industrial College of the Armed Forces. Congratulations to these individuals on their selection.

(Information Courtesy of the 65th Mission Support Squadron)

Everyday Hero Capt. Scott Denny



Organization: 65th Operations Support Squadron

Duty title: Airfield Operations Flight Operations Officer

Job description: Manage 36 person flight including air traffic control complex and airfield management facilities.

Hometown: Chicago, Ill.

Time in the Air Force: 16 years 9 months

Spouse/children: Married (Jennifer)—Children (Christopher, Nicholas, Katelyn, and Jonathon)

What's the best aspect of your job? I really enjoy the direct interaction and relationships with my fellow controllers and airfield managers.

What are your career goals? I would like to manage a larger complex facility with a bigger flying mission.

Best military experience: When I was flying as a Flight Engineer on the C-5 Galaxy.

Life goal: To work for the FAA, NTSB, or teach at a University.

One word to describe you: Loyal

Hobbies: Flying

Favorite food(s): Chicago Style Pizza

Favorite color: Green

Pet peeve: People who act like they know it all, because I just ignore them.

No one knows: I am addicted to Chicago Cubs baseball!

When I was growing up, I wanted to be: a Doctor

The first thing I would do if I won \$1,000,000 is: Take my family on a vacation to Australia.

Domestic Violence Awareness Month aims to reduce violence in homes

By Senior Airman
Brandy Dupper-Macy
355th Wing Public Affairs

DAVIS-MONTHAN AIR FORCE BASE, Ariz. — Domestic violence is the leading cause of injury to women between the ages of 15 and 44 in the United States — more than car accidents, muggings and rapes combined.

It is also estimated that a woman is battered every 15 seconds in the United States, according to the Federal Bureau of Investigation.

With such a high number, Domestic Violence Awareness Month, observed in October, was established to raise awareness and reduce the numbers of those abused.

"Its purpose is to make people aware of the nature, extent and consequences of domestic violence," said Marley Smith, 355th Medical Operations Squadron's family advocacy outreach manager. "Domestic violence is a major social problem that affects all segments of our society. Three to 4 million women are battered each year by intimate partners. It's the most common reason women go to emergency rooms, and women have a 25 to 33 percent chance of being battered in their lifetimes and a 25 percent chance of being sexually assaulted in their lifetimes. Five to 10 percent of reports involve men being battered by women. So, it's important that we be proactive in preventing domestic violence and helping victims."

Domestic violence is an offense under the United States Code, the Uniform Code of Military Justice, or state law that involves the use, attempted use or threatened use of force or violence against a person of the opposite sex, or a violation of a lawful order issued for the protection of a person of the opposite sex who is:

— A current or former spouse.

— A person with whom the abuser shares a child in common.

— A current or former intimate partner with whom the abuser shares or has shared a common domicile.

There are four types of domestic abuse:

— Spouse physical abuse: Includes but is not limited to scratching, pushing, shoving, throwing, grabbing, biting, choking,

shaking, slapping, hitting, restraining, use of weapons/objects, etc.

— Spouse sexual abuse: The use of physical force to compel the spouse to engage in a sexual act against his or her will, whether or not the act is completed.

— Spouse neglect: Deprivation, more than inconsequential physical injury, or reasonable potential for more than inconsequential injury resulting from capable spouse's acts or omissions toward a spouse who is incapable of self care due to substantial limitations in physical, psychological, intellectual or cultural capacities.

— Spouse emotional abuse: Berating, disparaging, degrading, humiliating, interrogating, restricting ability to come

and go freely, threatening, stalking, etc.

Some people are scared to tell someone they are being abused, but Airmen and family friends can help by

Three to 4 million women are battered each year by intimate partners.

-Marley Smith

watching for signs of abuse.

"All active-duty and civilian employees on a military installation are mandatory reporters," Mr. Smith said. "That means that if they know or suspect that spouse or child maltreatment has occurred, they must report it to the family advocacy officer or security forces. If the abuse is happening now, they should call 911 or security forces. The only exceptions to the mandatory reporting requirement are the clergy-penitent and lawyer-client relationship."

"Patients come to family advocacy in a variety of ways," said Michelle McLoughlin, 355th MDOS family advocacy treatment manager. Some are referred by previous patients, some are self referred, others are referred by their squadron, and some by other medical providers and Child Protective Services."

"Right now we intervene in domestic violence with married couples only, but, in the near future, we will include other groups as well," Mr. Marley added.

To report domestic abuse, people should contact the family advocacy office at 2-3546 or 295-573-546 from off base during normal duty hours. After duty hours, people should call 911 or the law enforcement desk at 2-3222 or 295-573-222 from off base.



October is National Breast Cancer Awareness Month

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

2005 marks more than 20 years that National Breast Cancer Awareness Month has educated women about early breast cancer detection, diagnosis and treatment.

"Every year, more than 200,000 cases of breast cancer are diagnosed," said Maj. Jill O'Rear, 65th Medical Operations Squadron Women's Health nurse practitioner. "It is estimated that in 2005, about 40,140 women and 460 men will die from breast cancer."

Some breast cancers are caused by gene mutations, explained the Major.

Unfortunately, the exact cause of most cases of breast cancer are unknown.

"We do know of risk factors, though," Major O'Rear said. Some risk factors can be modified to help aid in the prevention of breast cancer.

The risk factors are:

- ✂ gender (primarily female – men can get breast cancer, but it is rare)
- ✂ age (if a woman lives into her 80's, she has a one in seven chance of developing breast cancer)
- ✂ genetic risk factors (account for five to 10 percent of cases)
- ✂ family history of breast cancer
- ✂ personal history of breast cancer

✂ race (Caucasian women have higher rates)

- ✂ previous abnormal breast biopsy
- ✂ previous breast radiation
- ✂ diethylstilbesterol exposure
- ✂ never giving birth to children
- ✂ hormone replacement therapy
- ✂ never breastfeeding
- ✂ never having been pregnant
- ✂ obesity
- ✂ inactivity
- ✂ alcohol use (increased risk with two to five drinks per day)

Maintaining a normal weight, exercising and limiting alcohol to one drink a day or less, are some things that can help prevent breast cancer, according to Maj. O'Rear. Having a child and breastfeeding that child is another way to reduce risks of breast cancer.

Prevention isn't always possible, but early detection is.

This year, NBCAM is reaching out to women with several key messages, most notably, the importance of early detection through annual mammography screening for women over 40.

Mammography screenings are a woman's best chance for detecting breast cancer early. When coupled with new treatment options, mammography screenings can significantly improve a

woman's chances of survival.

Early detection can save your life. "The earlier it is found the better the chance that it has not spread, so the better the chance of cure," explained the major.

"Women should have their baseline mammogram at 40 years old, and yearly thereafter," she said.

In addition, all women should conduct self-breast exams each month at the end of their period.

During the month, the Medical Group will have breast cancer and breast self-exam information displays.

Events scheduled for the month include a Breast Health Seminar Tuesday for students at the high school, and a 5K run at 7 a.m. Oct. 26 at the fitness center.

A Breast Cancer Awareness Luncheon is scheduled for the last week of the month.

This event will be a buy-your-own lunch, with presentations on breast cancer statistics, facts, and myths as well as nutrition. For more information, call 2-3239.



Going home

A-10s from the 74th Expeditionary Fighter Squadron begin the final leg of a journey home as they roll down the runway at Lajes Field. The 74th Flying Tigers are returning home to Pope Air Force Base, N.C. after more than 25 days in transit while returning from a deployment. They are being escorted by a KC-135 from MacDill Air Force Base, Fla. and a KC-10 from McGuire Air Force base, N.J. as part of a Coronet mission. (Photo by James O'Rear)



OB Town Hall focuses on birthing options, concerns

**By Staff Sgt.
Christin Michaud
65th ABW Public Affairs**

An OB Town Hall meeting Oct. 5 gave expectant mothers and people planning to have children here an overview of the options available to them while stationed at Lajes Field.

"The purpose of this forum was to answer questions surrounding the labor and delivery experience," said Maj. Jill O'Rear, 65th Medical Operations Squadron, Women's Health Services chief.

According to an Air Force Instruction, pregnant women must be offered the option of a labor epidural. "At this time, Angra Hospital cannot guarantee labor epidurals," Major O'Rear explained.

Due to the limitation of epidurals at Angra Hospital, alternatives are offered depending on an expecting mom's status.

Active-duty moms can deliver on-island or by using the "storknesting" option.

Storknesting is a program where soon-to-be moms leave the island between 35 and 36 weeks to have their baby at the designated storknesting facility, which is currently the Bitburg Annex at Spangdahlem Air Base, Germany.

Dependents also have these options, but they may also choose to deliver in the states.

"If they choose to do this, they must procure their own medical care, travel and lodging," said Major O'Rear. "Their medical care will be covered by TRICARE but other costs will not be reimbursed."

Depending on what the patients choose, there may be a waiting period to get on or off the island after delivering.

For moms who deliver in Angra, it will take approximately three months to obtain a birth certificate and passport for their newborn. Moms need to go to Praia with a translator to request permission to use the name they have chosen for the baby. The paperwork then goes to the U.S. Consulate in Sao

Miguel. Travel off the island with a newborn will be limited until the birth certificate and passport are issued.

New moms who choose to storknest in Germany will receive a temporary passport issued in Frankfurt within a couple days of delivery. Admissions/Dispositions with the 52nd Medical Group and the 52nd Mission Support Squadron military personnel flight assist in this process.

Mothers who give birth in the states can expect to wait approximately four to six weeks for a birth certificate and passport before returning to Lajes Field.

"The birth certificate needs to be obtained from the Bureau of Vital Statistics for the state," Major O'Rear said. "The passport cannot be applied for until the birth certificate has been issued. It is recommended that the passport be expedited."

Questions about storknesting procedures were brought up during the town hall meeting.

They focused on options while in Germany, such as bringing children and whether or not husbands can go to Germany for the delivery.

Expecting moms who choose to storknest are flown to Germany where they will see a doctor weekly until they give birth. A sponsor family is assigned to each storknesting mom to provide social support for the storknester while they are in a Temporary Lodging Facility. Storknesters can rent a car or take a shuttle from the Bitburg Annex to Spangdahlem. There is public transportation as well.

Rental cars are not reimbursable. "A recently returned storknester reported paying about \$700 for a rental car for six weeks," Major O'Rear said.

Children may travel to Germany with the expecting mother, but parents are responsible for paying for a



Courtesy photo

child's travel and food.

A list of child care providers is available at the family support center there for when the mom is in labor.

Fathers can fly commercially through Lisbon to Frankfurt or take a space-A flight to Aviano Air Base in Italy and fly or rent a car from there, suggested Major O'Rear.

Fathers don't receive reimbursement for travel, food or lodging, but may receive a space-A upgrade by his commander.

To request the upgrade, fathers need a letter from the doctor at Spangdahlem

explaining that his wife is expected to deliver that week. Fathers may be authorized 10 days permissive TDY for the birth of a child at a storknest location.

One of the concerns about having the child in Germany was the availability of neonatal care.

"If the baby requires critical care, a medical helicopter with a neonatologist is dispatched to the military treatment facility to pick up the baby," said Major O'Rear. "The baby will be taken to the Trier, the nearest civilian facility to Spangdahlem with a neonatal ICU."

If a mother delivers on the island of Terceira and the newborn requires critical care,

the newborn can receive the care in Angra Hospital's neonatal ICU.

"However, they are not able to care for babies who require ventilators," Major O'Rear explained. "If the baby requires a ventilator, he or she will be taken to Ponta Delgada on Sao Miguel."

As in most places in the states, expecting moms may not choose to have a cesarean section unless it is medically necessary. Anyone who has had a c-section in the past must have one here.

Circumcisions aren't performed in Angra, but can be done by primary care managers at the 65th Medical Group. "Ideally they should be done within 10 days but can be done until 30 days of life," Major O'Rear said. "After that, a Urologist would have to do the procedure."

Other immunizations and testing are also done at the clinic after babies are discharged from the hospital.

"The PCMs would like to see the baby at one and two weeks after delivery," she said.

The Women's Health Clinic uses the OB Town Hall meeting to teach Lajes families about the many options available here when it comes to delivering a child.

For more information about delivering in Angra or the storknest program, call the clinic at 2-3239.





Ultimate Sports Day 2005



Left: Clinton Jordan lead his team to victory as the smoke the tricycle event during Ultimate Sports Day Oct. 6. The 65th Civil Engineer Squadron team came in first place in the overall competition. The 65th Communications Squadron placed second, and the 65th Logistics Readiness Squadron captured third place. (Photo by Airman 1st Class Tabitha Larson)

Bottom left: 3-on-3 basketball was one of the competitions in the day's events. (Photo by Master Sgt. Michael Featherston)

Below: COMM tried their hand at volleyball events which helped them place second in overall events. (Photo by Master Sgt. Michael Featherston)

Bottom right: A 5K fun run was the kickoff for Ultimate Sport's Day. (Photo by Master Sgt. Michael Featherston)



Ed talks about winter activities, volcanos

Winter in the Azores

Question:

What do the Azoreans do for enjoyment now that summer is over and the bullfights are coming to an end?

Answer: With summer festivities and bullfights coming to an end the Azoreans usually engage in a variety of cultural and leisure activities.

Depending on the weather conditions, they may spend more time at home watching television or doing other activities.

Other people, however, go to the movies more often now that most of the movie theaters reopened for the winter season.

Winter time is also a time that invites people to get together at friends' houses to play cards or even go to community centers to chat with friends and also play cards, dominoes, checkers, etc.

Throughout the winter months, there are several religious and cultural occasions such as Christmas, and Mardi Gras that keep people busy and wishing the nice and warm weather comes again.

Volcanic Eruptions in the Azores

Question:

Now that there's been some unusual seismic activity on the Island of São

Miguel, when was the last volcanic eruption in the Azores? Did it cause any fatalities?

Answer:

The most recent volcanic eruption in the Azores with significant impact occurred in 1957 just off shore the north-west tip of the Island of Faial, near a little town called Capelinhos.

Luckily, the eruption and consequent earth tremors didn't cause any victims although it left hundreds of people homeless and distressed, forcing many of them to immigrate to the United States and Canada, as a special authorization was granted by those two countries.

The Azores have also been rocked by other earthquakes caused by seismic crisis over the centuries, especially on the islands of Pico, São Jorge, Faial, Graciosa and Terceira.

The most recent non-volcanic serious earthquake occurred July 9, 1998 on the islands of Faial and Pico as a tremor of tectonic measuring 5.6 on the Richter scale killed eight people and left thousands homeless.

Terceira Island has not been immune to these types of natural catastrophes either.

The last time Terceira was hit by a major seismic activity happened Jan. 1, 1980.

The island was rocked by a powerful

earthquake of tectonic origin that caused general destruction, measuring 6.9 on the Richter scale.

Most of the destruction occurred on the Southwest-ern side of the island, killing more than 60 people and also leaving thousands of people homeless. Luckily, Lajes Field didn't sustain any relevant damages.

Occasionally, the islands of São Miguel and Terceira experience small earthquakes of volcanic origin. For most of them, the epicenter is located on a fishing bank between the two islands called Dom João de Castro.

This underwater fish sanctuary is actually the top of an underwater volcano. It keeps rising a few centimeters every year and scientists say it will eventually form another island one day.



Group offers support for breastfeeding moms

By Staff Sgt.
Christin Michaud
65th ABW Public Affairs

Each month a group of moms meet at the family support center to talk about breastfeeding.

Mama's Milk and Me is a breastfeeding support group for Lajes moms to connect, share and encourage each other in nurturing their breastfeeding children.

"This group is Lajes' moms helping each other," said Jennifer Cottrill, a breastfeeding mom. "There are no lactation consultants on the island, so those having breastfeeding challenges can network and get help in this group. We are also trying to raise awareness of the benefits to both mother and child of breastfeeding."

The American Academy of

Pediatrics recommend exclusive breastfeeding for at least six months, and then up to a year or more in conjunction with the introduction of solid foods.

Breastfeeding benefits both baby and the mom.

Nursing mothers provide infants with easily digestible food, added immunity and nutrition that can't be found in formula.

One of the benefits for moms in line with Breast Cancer Awareness Month is reducing her risk for breast cancer.

"The medical community keeps discovering more and more benefits of breastfeeding," Jennifer said.

Moms-to-be are also encouraged to attend the monthly meetings.

"We encourage pregnant mothers-to-be to come out and learn more about nature's

perfect food for their babies," Jennifer said. "Many experienced moms also attend — so there is plenty of information and tips for those just getting started."

Topics covered during the meetings range from pumping when returning to work, problems with latching on, benefits of breastfeeding, nutrition during breastfeeding, and medication and breastfeeding.

"We have also talked about teething issues, and how developmental mile-

stones affect breastfeeding," she said. "Occasionally we invite a special speaker to come and share information on a specific topic."

"Mama's Milk and Me is not a breastfeeding class," said Jennifer. "It is an opportunity to find and connect with other women who have also chosen to breastfeed their children. We offer real life experience and understanding of the breastfeeding relationship — a more human angle than a simple breastfeeding class. It is a safe place to ask questions and get real answers."

Mothers are encouraged to bring their children. There is a small play area available.

The next meeting is 10 a.m. Saturday at the FSC.

The group meets on the third Saturday of each month.

For more information, call the FSC at 295-574-138.



Courtesy photo



Left: Emma Perry yawns while Kailee Jordan catches some Zzzs during the fire department's carnival Sunday. Both their fathers (firefighters) and mothers helped out with the carnival.

Right: Senior Master Sgt. Todd Katz and Tech. Sgt. Clinton Jordan count the money in the boots to determine the Miss Flame contest winner. The money is going to burn victims.

Center left: Mitchell Kuykendall from the fire department removes a dart from the cards at his game booth. There were more than 10 games for participants to play and win prizes.

Below: Sparky waves to spectators during the parade Sunday morning.

Bottom Left: Brandon Silver (left) and Tyler Crandell (middle), watch as Britney Silver Stakes a shot at hand toss.



Fire Prevention Week

In honor of Fire Prevention Week, there was a parade of fire trucks that began at the schools, went through housing, and ended at the fire department. Immediately following the parade was a carnival. (Photos by Airman 1st Class Tabitha Larson)

Group Fitness Class schedule

Monday

8:30 a.m. -- Step with Celia
 Noon -- Spin with Tina
 4:15 p.m. -- Cardio Mix with Manuela
 5:15 p.m. -- Aero Kombat with Celia
 6:15 p.m. -- Spin with Celia

Tuesday

6 a.m. -- Spin with Dawn
 8:30 a.m. -- Circuit Training with Celia
 5:15 p.m. -- Circuit Training with Rui
 6:15 p.m. -- Spin with Rui

Wednesday

8:30 a.m. -- Step with Celia
 Noon -- Spin with Tina
 4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Step with Manuela
 6:15 p.m. -- Spin with Georgina

Thursday

6 a.m. -- Spin with Dawn
 8:30 a.m. -- Circuit Training with Celia
 5:15 p.m. -- Body Sculpting with Manuela
 6:15 p.m. -- Spin with Manuela

Friday

8:30 a.m. -- Spin with Celia
 Noon -- Spin with Tina
 4:15 p.m. -- Cardio Mix with Manuela
 5:15 p.m. -- Step with Celia

6:15 p.m. -- Spin with Celia

Saturday

10 a.m. -- Spin with Celia
 11 a.m. -- Circuit Training/Stretching with Rui

Intramural Sports Standings

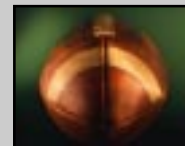
Bowling

| | | | |
|-------------|------|---------|------|
| COMM #1 | 14-2 | SMAC | 8-8 |
| OSI | 14-2 | MSG | 8-8 |
| CES #1 | 11-5 | POL | 8-8 |
| COMM Ladies | 10-6 | COMM #3 | 8-8 |
| LRS Singles | 10-6 | CES #3 | 8-8 |
| OSS #1 | 10-6 | MDOS | 6-12 |
| AMS #1 | 8-8 | MDSS | 6-10 |
| CES #2 | 8-8 | OSS #2 | 6-10 |
| | | COMM #2 | 5-11 |
| | | SVS | 4-12 |
| | | CONS | 4-12 |
| | | AMS #2 | 4-12 |



Flag Football

| | |
|--------|-----|
| CES | 7-0 |
| AMS | 4-3 |
| MED GP | 4-3 |
| COMM | 4-3 |
| SFS | 2-4 |
| LRS | 2-5 |
| OSS | 1-6 |



ARMCHAIR QUARTERBACK CHALLENGE

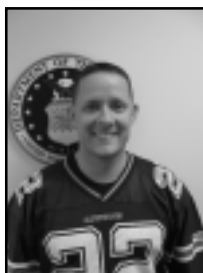
Each week during football season, the Crossroads publishes a list of the National Football League games of the week for Team Lajes to predict. The person with the most correct picks will win free movie passes (admit two), \$3 off any Burger King purchase and a "rent-one-get-one free" at the Shoppette donated by AAFES.

The number one-ranked Armchair Q.B. each week will get his or her name and photo published in the Crossroads and we'll also print any smack talk the winner chooses to submit. Congratulations to week five's winner, **Julian Kaelin**. Now for the losers -- Five people garnered this week's "You Don't Know Jack" award. I'll let three of them slide, but Micah Bartron and July Dent were previous winners so I have to identify you. What happened?

Bring picks to the Public Affairs office in room 240 of Bldg. T-100 or e-mail them to lajesnews@lajes.af.mil. All entries must be submitted before the opening kickoff to the first game Sunday. In the case of a tie, a winner will be decided by who picks the closest combined score of the Monday Night game.

*"How about them Cowboys?
 Hey, the Bills finally won
 again, and who knows what
 happened to the Falcons or
 the Bucs?"*

-Julian Kaelin



| | | |
|--------------------------|--|--------------------------|
| <input type="checkbox"/> | Atlanta Falcons vs. New Orleans Saints | <input type="checkbox"/> |
| <input type="checkbox"/> | Cincinnati Bengals vs. Tennessee Titans | <input type="checkbox"/> |
| <input type="checkbox"/> | Jacksonville Jaguars vs. Pittsburgh Steelers | <input type="checkbox"/> |
| <input type="checkbox"/> | Minnesota Vikings vs. Chicago Bears | <input type="checkbox"/> |
| <input type="checkbox"/> | Washington Redskins vs. Kansas City Chiefs | <input type="checkbox"/> |
| <input type="checkbox"/> | Carolina Panthers vs. Detroit Lions | <input type="checkbox"/> |
| <input type="checkbox"/> | Cleveland Browns vs. Baltimore Ravens | <input type="checkbox"/> |
| <input type="checkbox"/> | Miami Dolphins vs. Tampa Bay Buccaneers | <input type="checkbox"/> |
| <input type="checkbox"/> | New York Giants vs. Dallas Cowboys | <input type="checkbox"/> |
| <input type="checkbox"/> | New York Jets vs. Buffalo Bills | <input type="checkbox"/> |
| <input type="checkbox"/> | New England Patriots vs. Denver Broncos | <input type="checkbox"/> |
| <input type="checkbox"/> | San Diego Chargers vs. Oakland Raiders | <input type="checkbox"/> |
| <input type="checkbox"/> | Houston Texans vs. Seattle Seahawks | <input type="checkbox"/> |
| <input type="checkbox"/> | St. Louis Rams vs. Indianapolis Colts | <input type="checkbox"/> |

Total Points for Monday's Game: _____



PLANNER

Meal time

Burger King: 7 a.m.-9 p.m. Sun.-Thu.; 8 a.m.-10 p.m. Fri., Sat.

Frank's Franks: 11 a.m.-6 p.m., Tues.-Sat.

Oceanview Island Grill: Mon.-Sun. 11 a.m. to 11 p.m.

The Oceanview Island Grill is offering fast food service for military members from 11:30 a.m. to 1 p.m. Mon. -Fri.

The specials are Lasagna and fries, roast chicken and fries or pork ribs and fries for \$5.25. Call orders in to 2-3387.

Pick up and go orders can be picked up at cashier number one. Meals will be ready in 10 minutes or customers will receive a refund.

Weekly Specials include fries or salad & drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

Subway: 10 a.m.-9 p.m. Mon.-Fri.; 10 a.m.-8 p.m. Sat.; noon-6 p.m. Sun.

Top of the Rock Club: The TORC is currently closed for lunch

to prepare for the new contract. The following menu will be served in the main lounge from 4 to 10:30 p.m. Saturday through Oct. 15: Hot wings, chicken crispy grilled salad, fries, onion rings, cheese sticks, grilled chicken sandwich with fries, Philly cheese steak and fries and the Phoenix Island burger. Pizza will be sold by the slice.

Chapel

Daily Mass: 11:30 a.m. Monday through Thursday

Monday

Protestant women's spiritual fitness training, 7 p.m.

Tuesday

AWANA 6 p.m.

Wednesday

Women's bible study, 9:30 a.m. and noon; men's spiritual fitness training/lunch, noon; Catholic choir practice 5 p.m.; traditional choir practice 6 p.m.; hand bell choir practice 7 p.m.; men's bible study, 7 p.m.

Thursday

Gospel choir practice 7 p.m.

Sunday

Celebration of Holy Com-

munion 8:30 a.m.; Protestant traditional service 9 a.m.; Confessions, Sunday at 9:30 a.m. or by appointment. Catholic Mass 10:30 a.m.; Gospel service, noon; Protestant teens/youth 6 p.m.

Base services

Barber shop: 8:30 a.m.-6 p.m. Mon.-Fri.; 8 a.m.-4:30 p.m. Sat., 2-3396

Beauty shop: 10 a.m.-6 p.m. Tue.-Sat., 2-4124

Child development center: 7 a.m.-5:30 p.m. Mon.-Fri., 2-3188

Community activities center: 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun., 2-4135

Commissary: 10 a.m.-6 p.m. Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu., 2-6174

Chace Fitness Center: 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun., 2-5151

Dry cleaners: 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat., 2-3630

Flight View BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. & Portuguese holidays, 2-5236

Gas station: 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6 p.m. Tue.-Sat., 2-5125

Library: 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun., 2-3688

New Car Sales: 10 a.m.-6 p.m. Tue.-Wed.; noon-8 p.m. Thu.-Sat., 2-3173

Ocean Front BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun., 2-3444

Outdoor recreation: 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun., 2-4140

PFCU: 11 a.m.-4 p.m. Mon.-Thu.; 11 a.m.-5 p.m. Fri., 295-543-681

Shoppette: 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun., 2-3280

Skills development center: noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat., 2-5255 or 295-575-255

Thrift shop: 10 a.m. to 2 p.m. Mon., Wed. and Fri. and the 3rd Sat. of the month. 2-3567 or 295-573-567

Vet clinic: 9 a.m.-3 p.m. Mon.-Fri.; 1-7 p.m. 1st, 3rd Wed., 2-3134 or 295-573-134

AFN Sports

myafn.net

Friday

AFN-Atlantic

NHL: Pittsburgh Penguins @ Philadelphia Flyers, 11 p.m.

Saturday

AFN-Sports

NASCAR Busch Series: Dollar General 300 at Lowe's Motor Speedway, Concord, N.C., 7 a.m.

NHL: Columbus Blue Jackets @ Anaheim Mighty Ducks, 11:30 a.m.

COLL FB: Michigan State @ Ohio State, 4 p.m.

MLB: National League Championship Series Game 3: St. Louis Cardinals @ Houston Astros, 8 p.m.

AFN-Atlantic

COLL FB: Alabama @ Mississippi, 4 p.m.

COLL FB: Florida @ LSU, 7:30 p.m.

AFN-Pacific

COLL FB: Wisconsin @ Minnesota, 4 p.m.

COLL FB: USC @ Notre Dame, 7:30 p.m.

Sunday

AFN-Atlantic

COLL FB: Georgia @ Vanderbilt, 11 a.m.

NFL: Washington Redskins @ Kansas City Chiefs, 5 p.m.

NFL: San Diego Chargers @ Oakland Raiders, 8 p.m.

AFN-Pacific

NFL: Miami Dolphins @ Tampa Bay Buccaneers, 5 p.m.

NFL: New England Patriots @ Denver Broncos, 8 p.m.

AFN-Sports

NFL: NY Giants @ Dallas Cowboys, 5 p.m.



Today: 7 p.m. "Undiscovered," rated PG-13.

An aspiring New York model falls in love with a struggling musician when they suddenly cross paths on a subway train. Having achieved success as a model, she decides to move to L.A. to launch an acting career. With the support of her acerbic agent and sometimes surrogate mom, she lands a spot in a highly sought after acting class where she befriends another would-be actress. While out on the town discovering the music scene, the aspiring model again crosses paths with the struggling musician. The two girls decide to help him and set out to create some L.A. style hype to get him noticed. As his profile rises, so do the demands of his budding new career and they both discover that the price of fame may be higher than anyone expected.

Saturday: 7 p.m., "The

Skeleton Key," rated PG-13.

Caroline is a twenty-five-year-old hospice worker who cares for the ailing and the elderly, a job designed to atone for her own mistake for ignoring her dying father in the past, when she had been a rock 'n' roll manager. After her latest charge passes away, Caroline takes a job in Louisiana, caring for Ben, a stroke-victim who is bed-ridden and cannot speak. But Caroline becomes suspicious of the house, and Ben's cold wife, Violet only adds to the creepy atmosphere. After acquiring a skeleton key, Caroline makes her way into a secret room within the attic where she discovers hair, blood, bones, spells, and other instruments for practicing hoodoo.

Sunday: 2 p.m. "Undiscovered;" 7 p.m. "The Skeleton Key"

Wednesday: 7 p.m., "Undiscovered"

Thursday: 7 p.m., "The Skeleton Key"

Note: Movies and times shown are subject to change.



EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil. For on-base numbers, dial 295-57 and the last four digits.

Street bullfights

The street bullfight season officially ends Saturday and will begin again May 1. The following are the last three bullfights scheduled this season:

Saturday: 5 p.m. on the road between main gate and the Santa Rita Hill; Caminho da Esperanca, Porto Judeu; and Quatro Ribeiras.

Other local events

The Grande Festa Tuning & Car Show: A car show is being held Saturday at in the parking lot of Casa de Povo in Cabo da Praia, directly in front of the inspection yard.

To have a car in the show, people need to arrive at 3:30 p.m. Voting begins at 6:30 p.m. and there will be a parade of the cars at 8 p.m. through town to the Restaurante Monte Carlo. Winners will be announced at 10 p.m. followed by dancing and music. The event is free.

Economic fair: The Chamber of Commerce of Angra will carry out the fair of economic activities, "Temática 2005," beginning today through Nov. 20 in a tent located adjacent to the Musical Club of Angra in Vinha Brava. The fair will only run on Fridays, Saturdays and Sundays. The fair will include a series of expositions throughout the coming weekends featuring diverse themes such as fashion, cars and tuning, tourism and leisure times, construction materials, etc.

This weekend's exposition theme is fashion and will include a fashion show tonight at 9:30 p.m. In addition there will be an exposition of footwear, cosmetics and clothing."

The fair's expositions will be Fridays: 8 p.m. - Midnight; Saturdays: 3 p.m. - Midnight; and Sundays: 3-11 p.m.

Base events

Family and Teen Talent contest: The Community Center will host a talent contest 5 p.m. Saturday at the

Community Center. For more information, call 2-6143.

Mama's Milk and Me: A group for breastfeeding moms meets 10 a.m. Saturday at the family support center. This group meets on the third Saturday of each month to offer support or share ideas on nursing.

Preteen Lock-in: The Lajes Youth Program is sponsoring a Preteen Lock-in Oct. 21. from 7 p.m. to 7 a.m. The cost is \$15.75 for members and \$23.75 for non-members. The fee includes dinner and breakfast as well as bowling and skating. To sign up call 2-1197 by Oct. 19.

African American Heritage: The African American Heritage Committee meets at noon Thursday in the Sun and Sand Hut. For details, call Master Sgt. James Keiler at 2-6844.

Pumpkin Carving Contest: The base library will host a pumpkin carving contest at 3:30 p.m. Oct. 27. Judging will begin at 4 p.m. Prizes will be awarded in youth and adult categories for scariest, silliest and most creative. Register at the library by Oct. 21.

For more information call Barbara Biljan at 2-3688.

Education center

Oklahoma University classes: The Masters of Human Relations degree program with University of Oklahoma is a 36 credit hour, non-thesis degree that can be completed within 16-24 months

The next course being offered for the fall is HR 5462-226, "Counseling Skills in Human Relations," an elective course toward a Master's degree in Human Relations degree. The course dates are Dec. 13-18. The last day to add/drop will be Oct. 31. For details call Jaclyn Kemp at 2-3171.

Central Texas College: The Legal Assistant/Paralegal program is coming to Lajes. Central Texas College will begin offering the Legal Assistant/Paralegal program in Term 2, beginning with LGLA 1307 Introduction to Law and the Legal Profession. Term 2

registration begins Tuesday and runs through Oct. 21. For more information, please contact Kimberly Henne at 295-576-722/2-6722 or stop by the CTC office in Bldg. T-400.

The CTC office is open Monday through Thursday 8 a.m. to 1 p.m.

Embry-Riddle Aeronautical University: Embry-Riddle is holding registration for the next on-site course, SFTY 345, through today. For more information, contact Terra Schellig at 295-573-375.

Volunteer/jobs

Services vacancies: The 65th Services Squadron has a vacancy for an office automation clerk at the vet clinic, a materials handler at the central warehouse and a recreation assistant at the auto hobby shop. To apply for any of these positions, visit the 65th SVS Human Resources Office in Bldg. T-112. For details, call the HRO staff at 295-575-200 or 2-5200.

Post Office volunteers: The Post Office is in need of volunteers. The busiest days are Monday, Thursday and Saturday. Volunteering at the Post Office is a valid alternate duty location with supervisor's position. For details call 2-3625.

Miscellaneous

Youth flag football: Signups for flag football will be available through Oct. 21. Flag football assessments will be 6 p.m. Oct. 24. Coaches are needed. There will be a coaches meeting 6:30 p.m. Oct. 26. Parent meetings will be Oct. 27., at 6 p.m. for ages 5-6, 6:30 p.m. for ages 7-8, 7 p.m. for ages 9-11 and 7:30 p.m. for ages 12 and above.

Signup is available at the Lajes Youth Program. For more information, call 2-1197.

Chapel

October Chapel events: For details about chapel events, call 2-4211.

Men's Spiritual Leadership Training/Breakfast: 8 a.m. Saturday at the chapel.

Catholic Men of the Chapel Mass and Dinner: mass and dinner is 6 p.m. Wednesday at the chapel.

New Creation Café: 7 p.m. Oct. 21 at Eddies Place.

Children and Youth Movie Night: 7 p.m. Oct. 21 at the chapel.

Little Flowers Girls' Club: 3 p.m. Oct. 24 at T-1415B.

SUM Dinner: This months single and unaccompanied member dinner is 5:30 p.m. Oct. 27 at the chapel. The 65th Operations Support Squadron is the sponsor.

Harvest Fest: An alternative celebration for Halloween will be 5:30 p.m. Oct. 29 at the chapel.

Classifieds

Submit ads via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

For sale: Men's Mountain Bike - like new, used only a handful of times. Trying to reduce my pack-out inventory. \$75. Call Chris - 295-549-303.

2000 Jeep Grand Cherokee Laredo, Champagne, auto, PCSing must sell. Great family vehicle and in exc. cond. New CD player, power locks, windows, and steering!! 50K miles, brand new brakes/rotors, and nearly new tires!! Asking \$10,000, will negotiate. Call Justin or Amanda at 295-549-660 or e-mail mandecurtis@yahoo.com.

For Sale: Complete Mess Dress for about a 6 foot male. Separating, once used, immaculate condition. Best Offer. Call 965-356-789

For Sale: 1991 Chevrolet 4X4 Blazer. \$2,500 OBO. Inspection good until June. Call 295-542-042 if interested.

Supercalifragilisticexpialidocious Nanny Available! Don't pass this one up, she cleans, does laundry and speaks great English! Trustworthy nanny whose family has just PCS'd and needs a new family to take care of. Call Tania at 965-598061. For references call (210) 771-6305.

Wanted: to trade or buy, Game Cube or X-Box games. Esp. looking for Digimon Rumble Arena 2. Call Natalia at 965-480-769.

2003 Kawasaki KLR 650cc dual sport motorcycle with > 3000 miles asking 4,000 dollars call for more information 962-074-157 any time.

Free Kitten: Found living in my car's engine compartment. Female, approximately 2 months old. She will have all shots and vaccinations. Comes with kennel, food bowls, and scratching post. Call Steven Mountz at 295-515-400 or e-mail kilvian@yahoo.com